

InterGenNS Community Connector

North Shore Community Resources in partnership with SFU Department of Gerontology



North Shore Community Resources and the SFU Department of Gerontology are launching the first InterGenNS Community Newsletter! The InterGenNS Project connects diverse generations in the community and provides support to organizations looking to develop or expand intergenerational opportunities. We will showcase the benefits of making connections, the launch of the InterGenNS Resource Hub and Program Directory, and intergenerational impact stories.

To learn more, visit our webpage: <https://community.nscr.ca/intergenns/>

Land Acknowledgement & Diversity Disclaimer

We acknowledge and honour that the community initiatives mentioned in this newsletter take place on the unceded lands of the Coast Salish people, including the St'at'imc, Skwxwú7mesh (Squamish), xʷməθkʷáyəm (Musqueam) and sə́lilwətaʔt (Tseil-Waututh) Nations.

Nearly all of the photos used in this newsletter are stock images (i.e. they were not taken at North Shore community events). We chose photos that capture the diversity and inclusivity that we would like to see in the North Shore's intergenerational community initiatives, and we hope that - with the support of the InterGenNS Resource Hub and Program Directory - this can become more of a reality. We would like to ensure that all residents feel welcome attending, participating in, volunteering for, and starting intergenerational community initiatives on the North Shore, and we hope that future editions of this newsletter will soon be able to include authentic photos of North Shore intergenerational community initiatives that capture the diversity and inclusivity that we wish to see.

Faiz Jaffer
InterGenNS Coordinator

Welcome to the InterGenNS Newsletter

The InterGenNS Project (Intergenerational North Shore) is enthusiastic to launch its initial newsletter. This community-based Project, represented by more than 30 community organizations, started in 2019 as a grassroots vision for supporting and initiating intergenerational initiatives on the North Shore. Thanks to funding from CERi, Mitacs, and the West Vancouver Foundation, and to the partnership with the Simon Fraser University Department of Gerontology, we have completed three phases, combining sound research with the driving force of community need and creativity. In this collaborative community Project, North Shore Community Resources Society (NSCR) was able to secure the required community funding and host the InterGenNS Coordinator position. The InterGenNS website page, Program Directory, and Resource Hub are ready for use and can be found at <https://community.nscr.ca/intergenns/>

Our hope is that as a resource center we can help the public to know about and connect to the broad variety of important programs across the North Shore.

We want to acknowledge Faiz Jaffer, the InterGenNS Coordinator, and Rachelle Patille, the SFU Master's Student for the InterGenNS Project, for their tireless efforts in making the goals of the Resource Hub, InterGenNS website, and this Newsletter a reality. The InterGenNS Project looks forward to the next phase of InterGenNS and its benefits for the North Shore community.

June Maynard
InterGenNS Community Volunteer

&

Sue Carabetta,
Manager of Community Engagement and Seniors Programs, NSCR

What is InterGenNS?

InterGenNS helps connect people from different generations on the North Shore. We also provide resources to help community partners develop, implement, and expand intergenerational programming.

How do we define "intergenerational"?

Programs, opportunities, events, or gathering places that, purposefully or organically, facilitates interaction between/among generations – thinking beyond age to include people with varying abilities, newcomers, and diverse community members.

Benefits of Generational Programming

- Actively combats ageism
- Builds meaningful connections
- Bridges generational divide/gap
- Prevents social isolation and loneliness
- Increases social connectivity and capital
- Positively impacts well-being and quality of life
- Fosters inclusion for all community members
- Facilitates mutual learning



Contact:

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We want to support YOU!

Are you looking to develop an intergenerational program, participate in an intergenerational program, or learn more about this programming?

Email Sue Carabetta @ sue.carabetta@nscr.ca or Rachelle Patille @ rachelle_patille@sfu.ca.

Online Resource Hub & Program Directory

In recognition of Intergenerational Day (June 1), we have launched a resource hub including helpful resources for creating, implementing, and sustaining intergenerational programming. We have also launched a program directory of initiatives on the North Shore that connect people across generations and backgrounds.



To access the InterGenNS Resource Hub & Program Directory, click the following link: <https://community.nscr.ca/resource-hub/>

What to expect from the Resource Hub & Program Directory:



- Information on local intergenerational programs
- Guides to developing program
- Toolkits for implementing opportunities
- Evaluation resources for opportunities
- Training resources

The resource hub helps organizations and agencies feel more comfortable learning about, creating, and evaluating opportunities.

If an organization or group that you represent would like to share an initiative that community members can participate in, feel free to fill out the InterGenNS Program Directory [Intake Form](#) to have your initiative included in the next program directory update!

Intergenerational Impact Stories

June Maynard, Program Manager - Parent and Child Mother Goose Program

I worked for a community agency and one of our programs was the Parent and Child Mother Goose program for parents and infants where they got together once a week to network and enjoy songs and rhymes in a group setting. Our agency usually partnered with a local library to host and facilitate the sessions.



In about 2015, I went out to observe one of these sessions, and shortly before the program began, another woman about my age with a much older woman came in and sat down to observe as well. At the break, a few of the young parents were going up to the older woman and saying hello and putting the babies on her lap and chatting. The woman my age told me that this was her day to take her mother, the older woman, out from her care home. They had spotted this program a few weeks before and asked if they could sit in - and it was now the highlight of her mother's week.



After that, I went to our facilitators and said we needed to try and do these sessions in a care facility. I contacted the director of a long term care home that I knew and she said she would love to try this! In the first session, there were about 15 residents in attendance with a couple of care aids for assistance if needed. Some of the aids noted that it was the most joy they had seen in their clients in a long time. This program also gives new mothers a chance to engage in the community with their new babies and avoid isolation - something that's often common among new moms.

Capilano Community Services: Let's Talk Shop



The Let's Talk Shop Program facilitates dialogue between teens and parents who do not know each other. It is a facilitated discussion - run in collaboration with the City of North Vancouver - about issues that young people face. Teens share what they are going through, as well as why they can't talk to their parents about these issues. Parents share their perspective, advice, and support, while also learning about what their own teens might be going through. The dialogue is facilitated by youth workers who are in between the ages of the teens and parents.

Comment from from Debbie Sesula, Coordinator of the North Shore Peer Support Program, Vancouver Coastal Health

The wisdom of the older adults draw the younger adults to them. The youthful energy of the younger adults draw the older adults to them. Stories are shared and heard wholeheartedly as everyone socializes together. This is what the Bright Spot, Older Adult Mental Health Services, provides on a weekly basis for the clientele with peer support workers and staff working together.

Expanding Ideas/Outlook on Intergenerational Opportunities

Think of organizations that may target an audience your current organization isn't targeting at the moment for community-based intergenerational partnership/collaboration!



Celebrate Intergenerational Day

- Call someone in your life that's of another generation and have a chat!
- Check in with a neighbour who is of another generation!
- Visit your local senior centre or care home COVID-19 permitting!
- With your family create 10 mythbusters on misconceptions about age!
- Identify intergenerational spaces in the community and go visit them and reflect on what can be added to these spaces!
- Think of 5 innovative ways to reconnect among families and communities that bring all ages together!

If you want to think bigger, think of how you can bring some of the ideas mentioned above to your organizations and programs!



"We often hear about stepping outside of ourselves, but rarely about stepping outside of our generation."

- Criss Jami, poet (2015)

Additional Resources

Papers and presentations regarding InterGenNS prepared by Rachelle Patille, BPH, and Habib Chaudhury, PHD, from the Department of Gerontology at Simon Fraser University:

- [InterGenNS: Understanding Intergenerational Initiatives in the North Shore, British Columbia](#)
- [InterGenNS Best Practices: From Global Exploration to Community Action](#)
- [InterGenNS Report: An Inclusive Vision for Facilitating and Sustaining Intergenerational Community Building Strategies](#)
- [InterGenNS Presentation: An Inclusive Vision for Facilitating and Sustaining Intergenerational Community Building Strategies](#)
- [Intergenerational Programs: A Review of the Empirical Literature](#)

Listen to the intergenerational trio, Rachelle Patille, Sue Carabetta, and June Maynard, speak about bridging the gap of academia and community, the impacts that COVID had on project goals and funding, and the challenges of embarking upon community-engaged research:

- [Below the Radar Podcast: Intergenerational Community Building – with InterGenNS](#)

SFU blog post that explores the origins, purpose, and outlook of the InterGenNS Project:

- [InterGenNS: A Community Engaged Intergenerational Project in the North Shore](#)

Thank You!

The InterGenNS Project would not be possible without:

The guidance of the InterGenNS Steering Committee



The support of the InterGenNS Larger Community Group



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